

Worksite Wellness Success Stories

May 2008

"Beee all that you can beee!!!!!"

At the Grand Rapids Department of Environment Quality (DEQ) District Office we have a group of approximately 10 - 15 staff (women & men) who meet every 2 weeks (during our lunch), with an average of 5 participating per meeting.

- ✦ **Started:** November 2007
- ✦ **Name:** Healthy Living Support Group (or H.L.S.G.)
- ✦ **Mascot:** a little handmade bee (Beatrice) - to help us beee all that we can be.
- ✦ **Purpose:** To Inspire, Encourage & Motivate each other to live our lives in a healthy manner.



At our bi-weekly meetings we discuss our:

1) Walking/running/biking/swimming around the state of Michigan (along the shoreline). We started our walking program in March of 2008. The goal is to walk the shoreline of Michigan and see how long it takes us.

- ✦ Everyone participates, and keeps track of their own miles
- ✦ Started in GR, cut across the state towards downtown Detroit (1st stop/start @ shoreline).
- ✦ From there we headed to Alpena (along the Lake Huron shore) - our 2nd stop/start.
- ✦ From Alpena, we crossed the Mackinac Bridge, visited Drummond Island, Sault Ste. Marie, and went to White Fish Point - our 3rd stop/start.
- ✦ Currently we are on our way to Copper Harbor, along the Lake Superior shoreline.
- ✦ Some of us walk, some of us run, some of us bike & swim. But we are all planning our exercise time to fit our way of life .
- ✦ We have a State of Michigan map on which we are marking, as to where we are and where we are headed and where we have been. *Click to view our walking tour [map](#).*
- ✦ We add all of the miles together at every meeting, to see how far we have gone.

2) Fruit & Veggie Challenge

- ✦ 7 of us participate in this & use a tracking spreadsheet. Work in teams of 2, with one person by themselves.
- ✦ Used the USDA website for this - how many servings and serving sizes.
- ✦ Helps us to think about making healthy choices, instead of grabbing that candy bar or bag of chips, or unhealthy snacking once you are home from work.
- ✦ Whoever eats the most Fruits & Veggies at the end of each 2 weeks, wins a small token. Those with the least amount get the "hotdog award".
- ✦ Planning is the key for this.

3) Goals

- ✦ We each have our own goals, which if you want to share you can, but you don't have to.
- ✦ Some are losing weight, some want to be more active, some want to gain weight, some want to be more "positive" & caring with their life, etc.
- ✦ Bring up our goals at each meeting so we can stay focused.

4) Other items of interest:

- ✦ Interesting "healthy living" websites, books, newspaper or magazine articles, events, different types of exercising (for example - weighted Hoola Hooping) etc.
- ✦ Sleeping habits, drinking water, posture, being positive & helpful to each other

5) Mascot - Beatrice (is a handmade bee)

- ✦ Beatrice's motto: Beee all that you can beee!!!!
- ✦ She is passed around to participants to help them stick with their goals.
- ✦ She changes participants every 2 weeks, to help someone else out.

I started this because I needed motivation to eat healthier (and avoid those snacks), and be active physically and live a healthy life. I come from a very big family, grew up on meat, potatoes, and baked goods. They all have health issues and I don't want that.

I sent around an email back in November 2007 to see if anyone else needed help or motivation with their own lifestyle and would they be interested in meeting for lunch to find out ways to help each other out. Out of the 85 DEQ employees in this office building, only 15 responded. I didn't get too disappointed because, being that we are a "field office", our staff is not in the office very much. They are usually in, in the morning and then are gone for the day.

We have traveled ***850 miles since March 20th***, and hope to be in Copper Harbor before the end of May. We will continue throughout the summer and into the fall. Once we complete Michigan, we will head west around Lake Michigan, through Indiana, Illinois, Wisconsin, etc.

-Submitted by Cindy Sneller